

# Building Positive Emotions: A Self-Guided Worksheet

Name:

Date:

## Objective

The goal of this exercise is to foster positive emotions to counterbalance any negative or destructive feelings you may experience daily.

## What You Need to Know

Emotional experiences are an everyday occurrence. You could face stress from an unexpected hurdle or deal with anger following an argument. Managing these feelings is crucial; one effective strategy is cultivating positive emotions. Building a reserve of positive emotions can enhance your resilience and improve problem-solving skills.

## Strategies for Building Positive Emotions

1. **Sustaining Existing Positive Emotions:** Learning to maintain or prolong current good feelings.
2. **Creating New Positive Emotions:** Engaging in activities that generate more good feelings.

## Exercise Steps

### Step 1: Identify Your Source of Positive Emotions

Here are some emotions generally considered positive:

- Joy
- Gratitude
- Serenity
- Hope
- Love
- Amusement
- Inspiration
- Awe
- Satisfaction
- Contentment

Add Your Ideas:

## Step 2: List Potential Activities

Write down up to ten activities you enjoy or think you might enjoy. Consider inviting others to share these activities with you.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

People to Contact for Shared Activities:


## Activity Ideas

If you're stuck, here are some activities to consider:

<ul style="list-style-type: none"><li>• Exploring nature</li><li>• Cooking or baking</li><li>• Physical exercise</li><li>• Attending social events</li><li>• Crafting or DIY projects</li></ul>	<ul style="list-style-type: none"><li>• Playing musical instruments</li><li>• Reading or writing</li><li>• Volunteering</li><li>• Traveling</li><li>• Games or sports</li></ul>
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### Step 3: Plan and Execute

List the activities you plan to do, and once you've done them, reflect on the experience.

Activity	Date Scheduled	With Whom?	Completed?	Reflections